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## Message from Dr. Jett

April is National Minority Health Month, and a time to remind ourselves that we still have a long way to go in addressing the health disparities that impact our nation. The term health equity is defined as, "the absence of systematic and potentially remediable differences in one or more aspects of health across populations or population groups defined socially, economically, demographically, or geographically," by the International Society for Equity in Health. Creating health equity, based on principles of social justice, means focusing on the underlying injustices that originate with racism, class, and gender discrimination. Such an approach provides a framework and adds a value or moral judgment to the empirical findings of social inequality that cause health inequity.

We've known for decades that poor and traditionally underserved populations are often the hardest hit in disasters, in part because they live in more disaster-prone areas and their needs are often overlooked during emergencies. While we've spent many years documenting those facts, I believe the next step is to move beyond knowledge gathering to create change.

Like understanding the backgrounds and perspectives of patients, we need to better understand the experiences and perspectives of communities, and to provide people access to information about how to protect themselves and their children in new ways. We need to map communities and know more about the people living there. What's the average educational level? What languages are spoken? This allows us to look at facts about the community, like race, ethnicity and other demographic information to help us figure out who might need help first, and what kind of help they might need.

We continue to face the problem of how to incorporate the populations that are often left out, even those that are not historically vocal, into our preparedness plans. Taking this work to the next level will require the government, private and nonprofit sectors to work together to promote the intelligent use of social media and existing technologies, to support informal social networks, and to incorporate civic- and faith-based organizations into disaster plans.

Minority Health Month reminds us how important health equity is — not just for minority communities but for our health and strength as a nation. This is especially true in emergencies and disasters, when the best way to improve health outcomes and resilience during and after the event is to improve health before the event. It takes a community working together to prepare for, respond to and recover effectively from the destructive forces of nature and other emergencies.

Ultimately, this work can only be accomplished if we understand, learn from, adapt to and celebrate our diversity. Making health equity a part of preparedness planning can help state and territorial health agencies serve all segments of the public effectively in an emergency. By working with organizations that serve individuals with diverse needs, health agencies can avoid preventable problems and help ensure that response and recovery efforts meet the needs of everyone in their jurisdictions. In an emergency, some populations are more vulnerable to loss or injury than others. Disability, chronic disease, language barriers, and low income can all affect how people weather a disaster or other event.

Local health departments should be aware of the diversity in their jurisdictions and understand how an emergent Ebola or Zika case will cause different experiences across communities. Florida receives a lot of travelers from Zika-affected countries. On February 3, Governor Scott directed the State Surgeon General to declare a public health emergency for the counties of residents with travel-associated cases of Zika. This allowed certain health departments to get more Zika testing kits from the CDC. Forming partnerships in the community helps us to be ready address health equity issues that may arise. It allows us to see where gaps and inefficiencies exist and how best to respond to them through coordinated efforts. It is important for us to identify who the trusted local leaders are and form a strong relationship with them since many people will trust what these leaders say and do. It is also critical to have a good partnership with local media outlets to ensure that they can get your message out.

Health disparities exact a devastating toll on the productivity and economic growth of our nation, which makes this an issue of importance to all Americans. Over \$50 billion of indirect medical costs resulting from illness are attributable to health inequalities. The theme of this year's National Minority Health Month observance — Accelerating Health Equity for the Nation — reflects both a sense of urgency and a sense of determination in moving the country forward toward health equity. That same urgency and determination in 1985, led a group of concerned health care leaders to convene the first comprehensive federal study of the health status of racial ethnic minorities. The results of the groundbreaking Report of the Secretary's Task Force on Black and Minority Health (Heckler Report) quickly ushered in a new era in addressing minority health issues, and led to the establishment of OMH in 1986.

As part of my role as President of the National Association of County and City Health Officials (NACCHO) I have developed a Health Equity Framework that details the steps that a health department should take to operationalize health equity within the agency and community. DOH-Seminole has accomplished several of these and is currently conducting many of the others. These include research on markers of health status such as housing, income and employment, food access, parks and physical activity, hospitalizations and others. The results will then be published and shared with the local community. By fostering understanding of the public health implications of a plethora of factors DOH-Seminole is poised to initiate and lead efforts to build ties between ourselves and the communities that comprise Seminole County.



Health Officer  
Florida Department of  
Health in Seminole County



## Container Gardening From Kitchen Scraps

It's not necessary to have access to a plot of land to grow fresh vegetables and herbs. In fact, many vegetables and herbs can be grown in containers without the need for a yard at all. For those new to container gardening, a great (and fun) way to start is by starting plants with kitchen scraps. This method is also very economical as the plants can be started with leftover produce. Below are a few ways to start a container garden with kitchen scraps.

Green onions - Place the left over white roots of the green onions in a container with a small amount of water in it. I like to use a clear glass or plastic cup as it allows me to see the growth more clearly. The roots need to be wet, but not completely submerged. Place your container in a sunny spot such as a window sill. Within 3-5 days new growth will begin to emerge. Remove the produce as needed and leave the roots in the water to continually harvest. Change the water weekly to keep the plant healthy.



Romaine lettuce - Just like the green onions, the plant is started with the white roots of the lettuce. Cut off the leaves and leave an inch or more remaining, then place this inch-long piece into a bowl of water with the roots facing down. Make sure the roots are in water but don't submerge the entire plant. Place the bowl in sunlight and spritz it with water weekly to keep the top of the plant moist. Leaves will sprout after several days. After 7 to 10 days, remove the plant from the water and plant it into soil. The lettuce will continue to grow and in several weeks a new head will be ready for harvest.



Garlic - Place a garlic clove with the roots face down in a glass with a bit of water in it. Be sure not to submerge the clove completely or it will rot. Place the glass in a sunny spot and after a few days, garlic scapes (flower stalks) will emerge.

*To learn more please contact DOH-Seminole's Stephanie Fyock, a recent graduate of the University of Florida / IFAS Master Gardner Training Program, at [Stephanie.Fyock@flhealth.gov](mailto:Stephanie.Fyock@flhealth.gov).*



## SAVE THE DATE

### 2nd Annual William J. Jett Men's Health Challenge

EMPOWERING MEN TO TAKE CHARGE OF THEIR HEALTH

Health Screenings • Raffles • Resources • Gaming Stations • Free Haircuts • Refreshments



#### Keynote Speakers

**Michael Coe & Haki Nkrumah**

Former NFL Comeback with N.Y. Giants

Founder/President, Young Fathers of Central Florida, LLC

**Event Open to Males 12 and Older**

**Saturday, June 4, 2016  
10 a.m. to 2 p.m.**

**Florida Department of Health in Seminole County**

400 West Airport Boulevard, Sanford, Florida 32772

FREE Event Registration: <http://whoozin.com/U3V-UGN-MQHP>

Deadline to RSVP is Friday, May 27, 2016 / Walk-ins Welcome

For more information, call 407-665-3240 or

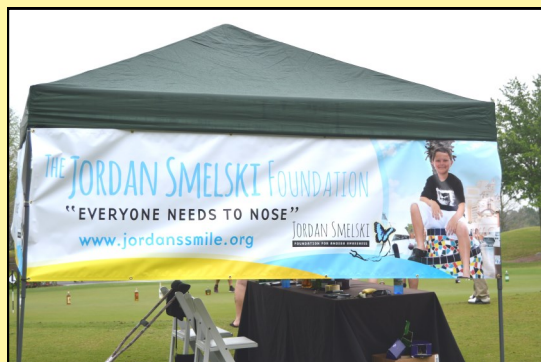
email [Maurece.Daniels@flhealth.gov](mailto:Maurece.Daniels@flhealth.gov)



Sara Warren received a QI Leaders Academy Award from the Public Health Advisory Board (PHAB) at the National Network of Public Health Institutes (NNPHI) Open Forum for Quality Improvement in Indianapolis, Indiana. The award was presented to Sara in honor of the QI Projects she has led at DOH-Seminole. They include improving cross-training and process communication and the utilization of leadership development opportunities.



## Kick Butts Day / Health Equity



### Second Annual Jordan Smelski Foundation Golf Tournament

On Saturday, April 2, Dr. Jett participated in the Second Annual Jordan Smelski Foundation Golf Tournament in Orlando. The golf tournament was held in memory of Jordan Smelski. Jordan passed away on July 2, 2014 to primary amoebic meningoencephalitis (PAM). He was 11 years old. Jordan contracted the amoeba *Naegleria floweri* from swimming in hot springs in Costa Rica while on vacation. All proceeds will be used for amoeba awareness, training, and research. The Jordan Smelski Foundation is partnering with All Children's Hospital, Johns Hopkins Medicine and Florida Hospital to conduct research in four specific areas related to PAM and to change the healthcare approach in possible PAM cases.

PAM is 99% fatal, yet 100% preventable.



(Melanie Sanchez, Health Educator with DOH-Seminole's Tobacco Prevention program)

### Kick Butts Day

March 16 was the 21st annual Kick Butts Day, a national day of activism. Seminole County's Students Working Against Tobacco (SWAT) created and disseminated signage to inform classmates about the dangers of tobacco. Their efforts aim to shape tobacco-free norms, make tobacco less desirable, less acceptable and less accessible.

Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Quitting smoking has immediate as well as long-term benefits for you and your loved ones.



### NACCHO Health Equity and Social Justice Workgroup

NACCHO's Health Equity and Social Justice Workgroup met in late March of which Dr. Jett is a member. The Health Equity and Social Justice Workgroup has been in operation for 20 years and provides guidance and leadership to NACCHO to enhance the capacity of local health departments (LHD) to achieve health equity through social justice, by acting on the root causes of health inequity, as a means to improve health status and quality of life. This workgroup develops strategies and methods to transform the structure, culture, and practice of LHDs toward the elimination of systemic, avoidable inequities in the distribution of health and illness. It also seeks to devise indicators, tools, strategies, and ways to communicate about social justice and public health practice to LHDs, their communities and the mass media.



Stephanie Fyock, Zeenat Rahman and Gloria Rivadeneyra were accepted to present at the NACCHO Annual 2016 Conference in July in Phoenix, Arizona. The team will present two separate posters: "Goldsboro Garden Project: Planting Seeds for Change in a Food Desert" and "Transforming a Food Desert through Partnerships and Alliances." Both poster presentations will highlight the excellent community engagement and impact of the Goldsboro Garden Project. The Goldsboro Project Team also includes Donna Walsh, Venise White and Juley Cetoute, along with vested community leaders and partners. Sara Warren and Crystal Wagner of the Office of Performance and Quality Improvement were also instrumental in leading quality improvement for the project.

### Pre-diabetes Screening and Education in Bookertown

DOH-Seminole, in partnership with the YMCA of Central Florida, provided pre-diabetes screening and education in the community of Bookertown. Twenty-five community members were screened and several were subsequently enrolled in the YMCA's Diabetes Prevention program





# QI Corner

## Utilization of Teambuilding Activities to Increase Efficiency

*"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." - Andrew Carnegie*

Team building is an important aspect of Quality Improvement and can be incorporated into various situations that involve multiple people. Cohesiveness and the creation of strong bonds amongst team members is essential in moving a newly formed team from either the forming or storming team development phase to the norming and performing phases. To spark creativity amongst team members and to generate a relaxing environment, consider implementing an icebreaker game or teambuilding activity before your meeting. This will allow individuals who may not know one another a relaxed approach to engagement, increasing ones comfort level regarding sharing their opinions and views. The activities can also be tied back to other team skills with objectives that pertain to quality improvement or communication. Better qualitative thoughts will flow throughout the meeting and benefit the group as a whole.



During the 2016-2017 Improvement Planning Process the Strategy and Performance Improvement Leadership Team engaged in five minute or less teambuilding activities prior to discussing potential projects, performance measurements and deliverables. Results of incorporating quick teambuilding activities included a quicker start to group conversation and an increase in shared ideas. Overall the team was able to reduce their meeting time by two hours compared to 2015-2016.

*Written by Taylor Trinh, Junior at Seminole High School, SCPS Minor Intern  
DOH-Seminole Office of Performance and Quality Improvement*

Want to know more about DOH-Seminole Quality Improvement projects? Please email the Quality Improvement team at: [sara.warren@flhealth.gov](mailto:sara.warren@flhealth.gov)

## NUTRITION 41

DOH-Seminole has an ongoing commitment to providing health education, promoting healthy choices and preventing chronic disease. We recently embarked on a series of recipes inspired by the publication of a list of 41 of the most nutrient rich fruits and vegetables.

Research has shown the connection between green, leafy vegetables and colorful citrus fruits with a reduction in cancer and chronic disease. While nutrient profiling isn't new, the recent study published in the CDC journal, 'Preventing Chronic Disease', is one of the first classification schemes in which fruits and vegetables have been ranked in terms of their nutrients. The foods in the list were scored based on their content of fiber, potassium, protein, calcium, iron, thiamin, riboflavin, niacin, folate, vitamins A, B6, B12, C, D, E and K. These fruits and vegetables are known as Powerhouse Fruits and Vegetables (PFV) and they made the list based on a nutrients-to-calories ratio. Higher ranking foods provide more nutrients-per-calories.

In our last issue we featured a recipe for broccoli salad. Number 22 on the list is scallion. One cup of scallions contains 31 percent DV of vitamin C, 259 percent DV of vitamin K, 20 percent DV of vitamin A, 16 percent DV of folate, 5 percent DV of magnesium, 8 percent DV of potassium, 8 percent DV of manganese, 8 percent DV of iron, as well as significant amounts of phosphorus and copper.

### Sauteed Scallions, Mushrooms, and Asparagus



**Prep time: 20 minutes**  
**Cook time: 17 minutes**  
**Serves: 4**

#### Ingredients:

- 1 pound fresh shiitake mushrooms
- 1 tablespoon vegetable oil
- Coarse salt and ground pepper
- 1 pound asparagus, trimmed and sliced diagonally into 2-inch pieces
- 2 bunches (3 to 4 cups) scallions, sliced Diagonally into 2-inch pieces
- 1 teaspoon white-wine vinegar

#### Directions:

1. Thinly slice mushrooms. In a large nonstick skillet, heat oil over high heat. Add mushrooms; cook, tossing often, until browned, about 10 minutes.
2. Meanwhile, bring 3 cups salted water to a boil in a small saucepan; add asparagus. Cook until crisp-tender, 3 to 5 minutes; drain.
3. To mushrooms, add asparagus and scallions; season with salt and pepper. Cook, tossing, until scallions have wilted and pan is dry, about 2 minutes. Stir in vinegar; serve immediately.

Recipe from Martha Stewart, [marthastewart.com](http://marthastewart.com)





At a recent Town Hall event for DOH-Seminole staff, guest speaker, Dr. Roderick K. King gave a speech, **Building Healthy Communities: Moving from Talk to Action and the Role of "Innovation,"** in which he shared his experience in creating healthy and sustainable communities by championing innovative public health policy and cross-sector collaboration.

Dr. King is currently CEO for the Florida Institute for Health Innovation and holds faculty appointments at the University of Miami Miller School of Medicine, Department of Public Health Sciences, and the Massachusetts General Hospital Disparities Solutions Center at the Mongan Health Policy Institute. Dr. King is Chairman of the US Department of Health and Human Services Advisory Committee on Minority Health as well.

SECTIONS SEARCH

Orlando Sentinel

## True Health opens clinic in Seminole County health department



In an aerial shot Monday, Nov. 23, 2015, this view from 600 feet altitude: the campus of Orlando Health. (Joe Burbank / Orlando Sentinel)



By Naseem S. Miller - Contact Reporter  
Orlando Sentinel

APRIL 10, 2016, 11:00 AM

**T** rue Health, a private, nonprofit community health center, is opening a satellite office at the **Seminole County** health department.

"True Health's satellite office will extend services to impoverished communities in Seminole County," health department director Dr. Swannie Jett said in a news release.

The satellite office also helps address community needs as the state health department continues to cut back primary care services.

True Health has been in Central Florida since 1977 and has eight locations in Orange and Seminole counties.

On Monday, May 2, 2016, True Health will open a satellite office at DOH-Seminole. Latrice Stewart, Chief Executive Officer for True Health, stated, "True Health is excited to partner with DOH-Seminole to provide high quality, comprehensive healthcare at a reasonable cost to everyone."

## Florida Hospital hosts summit on exercise for kids

Donna Walsh, Venise White, and Gigi Rivadeneyra attended the Florida Hospital Active Kids Summit on March 4 along with Seminole County Public School's board member and nurse, Patty Caulfield, Health Services Coordinator Debbie Caudill, and Dining Services Coordinator, Richard Miles. Seminole County had great representation!



Florida Hospital today hosted a summit bringing together nationally recognized experts to share how initiatives such as Let's Move! Active Schools and local programs can improve children's health and fitness.

Dozens of educators, parents and school-aged kids from the Fuel Up to Play 60 program turned out at Florida Hospital's Health Village campus in Orlando to discuss ways to ensure that kids get proper nutrition and exercise.

While many schools across the country have cut back on recess in recent years, studies have found that active kids perform better academically, have better attendance and are better-behaved.

Lt. Gen. **Mark Hertling** (Ret.), who transformed the Army's system for basic training and now serves as Florida Hospital's Senior Vice President, Global Partnering, Leadership Development and Health Performance Strategies, spoke about the importance and benefits of instilling healthy habits early.

"There's a direct correlation between good health and good education," said Hertling, who serves as a member of the President's Council on Fitness, Sports & Nutrition.

Also speaking at the event was Dr. Jayne Greenberg, district director for physical education and health literacy for Miami Dade County public schools. Like Hertling, she is also a member of the President's Council on Fitness, Sports & Nutrition.

"This is a huge initiative for President Obama and the first lady," Greenberg said. "It's not only about getting children with proper weight; it's about nutrition, physical activity and the importance of that as a lifelong plan."

"School leaders need to get the kids active," she added.





## Healthy Start Baby Shower and Educational Seminar

The Healthy Start Coalition of Seminole County held its Annual Baby Shower at the Lake Mary Events Center on March 31. The baby shower provided education to women and families about the importance of healthy pregnancies, healthy babies and early literacy. It also provided families the chance to learn about the many resources available to them within the county. Over 150 mothers were in attendance. Vendors attending and providing education included the Florida SIDS Alliance, Nightlight Pediatrics, Early Learning Coalition, Bright Start Pediatrics, Safe House, Stay Well, True Health, Safe Kids, CFL Regional Hospital and many others.

Guest speakers included DOH-Seminole's Sakialynn Johnson who provided breastfeeding education, Haki Nkrumah, founder and president of Young Fathers of Central Florida, and Dr. Nana Robertson, professor and program manager of the Early Childhood program at Seminole State College.

The goals of the Healthy Start Coalition are to reduce infant mortality, reduce the number of low birth weight babies, and improve infant health and developmental outcomes.



## First Annual Community Service Award

Susan Mulligan, Public Health Nutrition Program Manager for DOH-Seminole's WIC Program, was awarded Health by Design's First Annual Community Service Award. Jennifer Cooper, Project Manager for Health by Design USA stated, "On behalf of the members and board of the organization, it is with great pleasure that we express our sincere gratitude to you for your volunteer service to various communities in the Winter Garden area. We congratulate you for your service to the people of Winter Garden, for providing tireless service to the underserved. We believe that your commitment to volunteering serves as an inspiration."

Health by Design USA is a nonprofit organization that is dedicated to addressing the extreme obesity and related health problems among children and adults in our community. Their organization consists of a team of doctors, nurses, nutritionist and consultant that seeks to develop techniques and programs to decrease elevated cholesterol, high-blood pressure, diabetes and cancer.



(Winter Garden Commissioner Dr. Robert "Bobby" Olszewski with Susan Mulligan)



### Seminole County mobile health unit an option for uninsured



Licensed nurse practitioner Sherry Brown gives a vaccine to two-year-old Danielle, sitting with her mother Alicia Hunter. (Naseem S. Miller)

#### Related

County mobile health unit reaches the underserved  
Feb. 16, 2016



By Naseem S. Miller · Contact Reporter

MARCH 29, 2016, 2:48 PM

**O**n a recent Thursday morning, Alicia Hunter took her two-year-old daughter, Danielle, to get her vaccinations.

Hunter lives in historic Goldsboro in Sanford. She doesn't have a car or insurance, but she does have an alternative: **Seminole County's** mobile health bus.

There, licensed nurse practitioner Sherry Brown gave Danielle her Tdap and Hepatitis A shots for free, and followed it by two little pink toys to distract her from the pain.

The bus has been on the road since **last October**, operating with a budget of about \$200,000.

"People can come to us for anything," said Dr. Meena Joseph, medical director of Florida Department of Health in Seminole County.

That includes free condoms, and in the bus's few months on the road the word about that service has spread quickly. Three people stopped by in less than two hours to get free condoms, and to Joseph that's a good thing.

Many people come to the bus to get tested for sexually transmitted diseases, high blood pressure, cholesterol and diabetes.

Joseph's goal with the bus is to help catch illnesses early-enough so people don't end up in the emergency rooms.

"We're trying to break that chain," she said.

Jesus Palma, who drives the mobile unit and also acts as its intake coordinator, takes time to educate patients about their insurance coverage. Some have Medicaid coverage and don't know how to use it, Joseph said.

The bus stops at areas of Seminole County where people have problems with access to care. That includes Remington Inn, which houses families in transition, Goodwill, and 13th Street in Goldsboro.

The mobile unit runs from 9 a.m. to 1 p.m. on Thursdays in Goldsboro and serves an average four to six people per day.

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Stephanie Fyock, Venise White and Patricia Mondragon recently completed the Work@Health employer-training program series, an initiative of the U.S. Centers for Disease Control and Prevention (CDC) to promote workplace wellness employer education, training and technical assistance. DOH-Seminole is now recognized by the CDC as a healthy worksite. The training was based on the results of our CDC Worksite Health Scorecard to develop a plan to implement a targeted employee wellness program for our staff.



### It's a New Day in Public Health.

The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

The Greater **Sanford**  
REGIONAL CHAMBER OF COMMERCE  
Seminole, West Volusia & Orange Counties

April 11, 2016

Dr. Swannie Jett, Health Officer  
Seminole County Health Department  
400 West Airport Boulevard  
Sanford, FL 32773

Dear Dr. Jett:

I am writing to inform you that the Economic Development Committee of the Sanford Chamber has selected the Seminole County Health Department as a recipient of the *Chamber's 2016 Industry Recognition Award* for positive contributions to the economic well-being of the Sanford community. Congratulations to you and your team for receiving the honor.

The award will be presented at the Chamber's 2016 Industry Recognition Awards Dinner on Wednesday, September 14, 2016 at the Marriott Lake Mary. The dinner will begin with a cocktail hour from 5:30 to 6:30 PM. Dinner will be served at 6:30 PM with the program to immediately follow. We will be able to provide you with 4 tickets to the dinner. Additional tickets for members of your team will be available for purchase.

As we progress we will develop a professionally produced video presentation of Health Department operations for presentation at the event. We will work with you and others in the community as we begin production in early June.

I will be your contact at the Chamber if you need anything. Please feel free to contact me at my office at 407-322-2212 or via cell phone at 407-704-9493.

Again, congratulations on the recognition and honor. Thank you also for your service and leadership within the Seminole County community and beyond.

Sincerely,

Frank S. Hale  
President/CEO

DOH-Seminole was selected the recipient of the Sanford Chamber's 2016 Industry Recognition Award for positive contributions to the economic well-being of the Sanford community.



# 2nd Annual *Live, Work, Move, Seminole* 5k

DOH-Seminole hosted its 2nd Annual Live, Work, Move Seminole 5K on April 9. The event included 445 registered race participants. Special guests included Dr. LaMar Hasbrouck, Executive Director of the National Association of County and City Health Officials (NACCHO) and Commissioner Dr. Velma Williams, City of Sanford - District 2. DOH-Seminole also presented city officials from Sanford and Oviedo with the 2016 Healthy Weight Community Champions Award at the event. The Orlando Magic, City of Sanford, Front Running Sports, Tobacco Free Seminole County, Health Council of Central Florida - Health Link, No Limit Health and Education, Positive Flow Foundation, and the Dairy Council partnered with DOH-Seminole to bring the community and educational, energetic and motivational health event.

Dr. Jett stated, "As a community, we need to reduce and prevent obesity which leads to heart disease, diabetes, and cancer. Our organization is excited to host the annual 5K to reinforce the importance of being proactive with our health, and that making healthy choices can be fun and rewarding."

Several factors contribute to overweight and obesity, including increased screen time, poor nutrition, and a decrease in physical activity.

Visit [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com) for strategies to address physical inactivity.



Compiled and edited by Pranav Mehta. If you have any comments and/or suggestions please send them along.

Email: [Pranav.Mehta@flhealth.gov](mailto:Pranav.Mehta@flhealth.gov)

